

Together for Families

# Early Help Parenting Newsletter – Autumn 2024

Free information, support and guidance for parents and carers.

## Need help?

Contact the Early Help Hub on 01872 322277 for support, advice and guidance.

If you have immediate concerns, are worried about a child or young person's safety, please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

## Parenting Support Workshops

We offer interactive parenting programmes both online and face to face. For more information about our parenting support on offer and to book onto a workshop please visit:

[www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

The programmes currently available are:

**Solihull: Understanding your Child** – Supporting parents/carers of children aged 1 to 11 (10 x 2-hour sessions)

**Parents Plus Adolescent Programme** – Supporting parents/carers of teenagers aged 12-17 (9 x 2-hour sessions)

**Living with Parents** – a one day workshop for parents and their young person aged 12 to 17 years.

**Supporting Healthy Relationships** – (3 x 2-hour sessions)

- **Me, You and Baby Too** (for parents pre-birth – 12 months)
- **Arguing Better** (for parents of children aged 1 – 19)
- **Getting it Right for Children** (for separated/separating parents with children aged 0 – 19)

**Understanding your Child with Additional Needs** – a self-guided course accessed through Solihull:

<https://inourplace.heiapply.com/online-learning/course/36>. To access the course, please register for an account using the code TAMAR

- If accessing from a **computer**, please [click here](#)
- If accessing from a **mobile/tablet**, please [click here](#)

“ We’ve noticed a change already and it’s only been 3 weeks.”

-Parent on Parents Plus  
Adolescents Programme  
(May 2024)

## Have your say!

We invite you (parents, carers, and professionals) to complete our new survey to help shape our parenting offer. This should take no longer than 5 minutes to complete. Please visit, [letstalk.cornwall.gov.uk/parentingsurvey](http://letstalk.cornwall.gov.uk/parentingsurvey), to have your say. You can also sign up to our mailing list to stay informed through our newsletter and flyers, by clicking on ‘Stay Informed – Subscribe’ button on this page.

## Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics including:

- Remaining Calm
- Routines and Boundaries
- Praise and Rewards
- Technology and Safety
- Special Time
- Supporting Healthy Relationships
- Teenage Brain
- And many more!

Please book on by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

## Empowered Parenting Podcast

In August, we will be launching a brand new podcast, called Empowered Parenting. Each week, Rachel, a Senior Parenting Worker from the Parenting Team will be joined by guests from the team and other services to chat all things parenting, including tips and strategies!

Follow us on our Facebook or Instagram pages (TFFCornwall) or on our website [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting) to see new episodes as they are released.

## Positive Parenting Top Tip!

### Praise and Encouragement

Why do we praise? Praising your child for positive behaviours raises their self-esteem and confidence and makes them feel good. It encourages behaviour you want to see more of.

How do we praise? There are so many ways to praise, for example visual praise such as high 5s, thumbs up, or hugs; overhead praise and labelled praise.

Labelled praise is specific praise where you tell the child exactly what it is that they have done well such as 'thank you for putting your plate by the sink' or 'well done for trying to put your shoes on'.

It's important to praise the effort, not just the outcomes or end result.

You cannot spoil a child with too much praise so catch them doing something good and praise them.

## Service Spotlight

### Home-Start Kernow

Home-Start Kernow offers support, friendship and practical help to parents with children under 5 throughout Cornwall. Parents may struggle at one time or another, you are not alone, that's when Home-Start Kernow can help.

Home-Start offer a variety of groups for families and most groups operate every week during term time. Most families will get 6 months of group support, some may be offered places for longer if additional support is needed or needs change.

Come chat and play with us.

<https://homestartkernow.org.uk/group-support/>



## New Booking Platform

Parents/carers or professionals can access the parenting offer by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting).

Parents/carers or professionals will be able to self-book onto workshops using the parenting booking portal, which can be found at the above website. If a family requires targeted or specialist support, an Early Help Request for help should be made via the Early Help Hub: <http://www.cornwall.gov.uk/earlyhelphub>.

If parents/carers or professionals would like support booking themselves or a parent/carer onto a workshop, they should contact the Early Help Parenting Team using the contact details below. An advice line will be available Monday – Friday, 9am - 5pm to support queries.



### Parenting children aged 0 to 11

#### SELECT A SERVICE

Virtual - Understanding your child (ages 1 to 3)

This is a Virtual course delivered on Microsoft Teams. [Read more](#)  
2 hours

Understanding your child (ages 1 - 3) Bodmin Family Hub

This is a Face-to-Face course delivered over Zoom. [Read more](#)  
2 hours

Understanding your child (ages 1 - 3) Troon Family Hub

This is a Face-to-Face course delivered over Zoom. [Read more](#)

Understanding your child (ages 1 to 3) The Park Family Hub

This is a Face-to-Face course delivered over Zoom. [Read more](#)

## Further Parenting Support

For further parenting support, including self-help and support from our partner organisations please visit [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Call: **01872 324323**

If you would like this information in another format please contact:

**Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY**

Email: [equality@cornwall.gov.uk](mailto:equality@cornwall.gov.uk) Telephone: **0300 1234 100**



**CORNWALL  
COUNCIL**  
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Together   
for Families



[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

# Bitesize Parenting

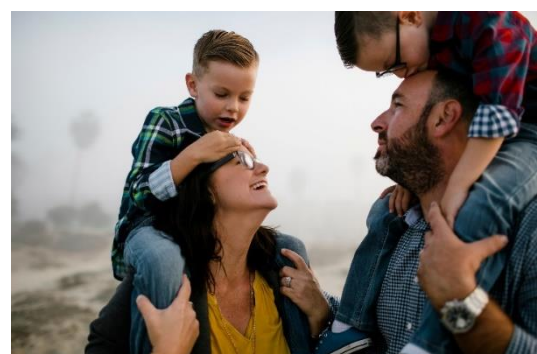
## Workshop Description

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics. Turn over for more information about what each topic covers. Please book on by visiting [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

## Workshop Dates:

Date	Time	Topics
Wednesday 11.09.24	12:30-14:30	Supporting healthy relationships
Wednesday 18.09.24	12:30-14:30	Supporting education and school
Tuesday 24.09.24	18:00-20:00	Supporting healthy relationships
Wednesday 25.09.24	12:30-14:30	Sibling rivalry and conflict
Tuesday 01.10.24	18:00-20:00	Special time with your child
Wednesday 02.10.24	12:30-14:30	Supporting your child's mental wellbeing
Tuesday 08.10.24	18:00-20:00	Technology and safety
Wednesday 09.10.24	12:30-14:30	SEND systems navigators
Tuesday 15.10.24	18:00-20:00	Praise and rewards
Wednesday 16.10.24	12:30-14:30	Introduction to the teenage brain
Tuesday 22.10.24	18:00-20:00	Sibling rivalry and conflict
Wednesday 23.10.24	12:30-14:30	Supporting healthy body image
Tuesday 05.11.24	18:00-20:00	Routines and boundaries
Wednesday 06.11.24	12:30-14:30	Remaining calm
Tuesday 12.11.24	18:00-20:00	SEND systems navigators
Wednesday 13.11.24	12:30-14:30	Special time with your child
Tuesday 19.11.24	18:00-20:00	Introduction to the teenage brain
Wednesday 20.11.24	12:30-14:30	Supporting healthy relationships
Tuesday 26.11.24	18:00-20:00	Supporting your child's mental wellbeing
Wednesday 27.11.24	12:30-14:30	Praise and rewards
Tuesday 03.12.24	18:00-20:00	Supporting education and school
Wednesday 04.12.24	12:30-14:30	Technology and safety
Wednesday 11.12.24	12:30-14:30	Routines and boundaries

To book scan the QR code or visit:  
[Bitesize Parenting Sessions \(office365.com\)](http://office365.com)



# Bitesize Parenting

## Topics include:

**Supporting healthy relationships:** This workshop supports you to manage stress and communicate more effectively within your relationships with your partner or co-parent.

**Supporting education and school:** This workshop includes tips around supporting your child's education and learning and working closely with school.

**Sibling rivalry and conflict:** Tips to manage conflict between siblings in the home.

**Special time with your child:** How quality time with children can help with behaviour.

**Supporting your child's mental wellbeing:** Tips about how to communicate with young people about their feelings.

**Technology and safety:** This workshop focuses on boundaries around technology use at home and how to support children and young people to stay safe online.

**Remaining calm:** How to look after yourself as parents.

**Praise and rewards:** This workshop focuses on using praise and rewards to support behaviour you'd like to see more of.

**Introduction to the teenage brain:** Learn about the changes adolescents experience in their brain development and how parents can support their young person.

**Supporting healthy body image:** Tips for promoting and supporting healthy body image for our children and young people.

**Routines and boundaries:** Looking at why routines and boundaries are important and how these can be put in place effectively to support children, parents and family life.

**SEND systems navigators:** Come and meet SEND systems navigators to find out what their team offers and how they help parents navigate the SEND system.

## Contact us:

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)

Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)

# EMPOWERED PARENTING PODCASTS

For every step of your parenting journey.



## INTRODUCING OUR NEW PODCASTS, AVAILABLE NOW

Check out our new Empowered Parenting Podcasts from Cornwall Council's Together for Families. We will be releasing new episodes each week, bringing you top tips and guest speakers to discuss a range of topics relating to your parenting journey.

Upcoming topics include: Back-to-school, Praise and Encouragement, Routines, Boundaries, SEND Navigators, Brain Development, and many more!

**JOIN US, BY  
LISTENING HERE**



[www.cornwall.gov.uk/  
parentingpodcasts](http://www.cornwall.gov.uk/parentingpodcasts)



01872 324323



parenting@cornwall.gov.uk

# Supporting Healthy Relationships

## Me You and Baby Too (MYBT)

### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all new or expectant parents/carers:

- What your baby picks up on
- How to support each other
- How arguments start, and how to manage them constructively

### Arguing Better (AB)

### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for all parents/carers with a child of any age:

- How to support each other
- How arguments start, and how to manage them constructively
- Impact on children

### Getting it Right for Children (GIRFC)

### Workshop Description

Delivered over 3 weeks, each weekly session is 2-hours.

A course for separating or separated parents/carers:

- How to stay calm and listen
- Seeing things differently
- Finding solutions and making compromises



### MYBT Workshop Dates

Countywide – VIRTUAL		
Ages pre-birth – 12months	Thursdays 18:00-20:00	19.09.24-03.10.24 Virtual MS Teams
Ages pre-birth – 12months	Tuesdays 9:30-11:30	08.10.24-22.10.24 Virtual MS Teams

### AB Workshop Dates

Countywide – VIRTUAL		
Ages 1-19	Tuesdays 9:30-11:30	17.09.24-01.10.24 Virtual MS Teams
Ages 1-19	Thursdays 18:00-20:00	07.11.24-21.11.24 Virtual MS Teams

### GIRFC Workshop Dates

Countywide – VIRTUAL		
Ages 0-19	Thursdays 18:00-20:00	10.10.24-24.10.24 Virtual MS Teams
Ages 0-19	Tuesdays 09:30-11:30	12.11.24-26.11.24 Virtual MS Teams

To book onto a workshop, please scan or click here:





# Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

## When?

- Mondays from 9:30-11:30, Starting 9<sup>th</sup> September 2024
- Tuesdays from 18:00-20:00, Starting 8<sup>th</sup> October 2024



To book scan the QR code or click:  
[Parenting children aged 0 to 11](#)  
[\(office365.com\)](#)

## Where?

Delivered virtually over  
Microsoft Teams

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



# Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

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- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

## When?

- Wednesdays from 9:30-11:30, Starting 11<sup>th</sup> September 2024
- Thursdays from 12:30-14:30, Starting 3<sup>rd</sup> October 2024

## Where?

Delivered virtually over Microsoft Teams



To book scan the QR code or click: [Parenting children aged 0 to 11 \(office365.com\)](https://office365.com/parenting-children-aged-0-to-11)

## Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



# Parenting a child aged 4-11



## Solihull - Understanding your child

A 10-week workshop delivered weekly either face-to-face or virtually. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

### When?

- Wednesdays from 18:00-20:00, starting 18<sup>th</sup> September 2024

### Where?

Delivered virtually over Microsoft Teams



To book scan the QR code or click:  
[Parenting children aged 0 to 11 \(office365.com\)](#)

### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



## Solihull - Understanding your Child

A 10-week workshop delivered weekly. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Responding to how your child is feeling
- Different styles of parenting
- Having fun together
- The rhythm of interaction
- Why sleep is important
- Self-regulation and anger
- Communication and tuning in
- Looking back and looking forwards

### When?

- Fridays from 9:30-11:30, Starting 13<sup>th</sup> September 2024
- Mondays from 12:30-14:30, Starting 7<sup>th</sup> October 2024



To book scan the QR code or click:  
[Parenting children aged 0 to 11  
\(office365.com\)](https://parentingchildrenaged0to11.office365.com)

### Where?

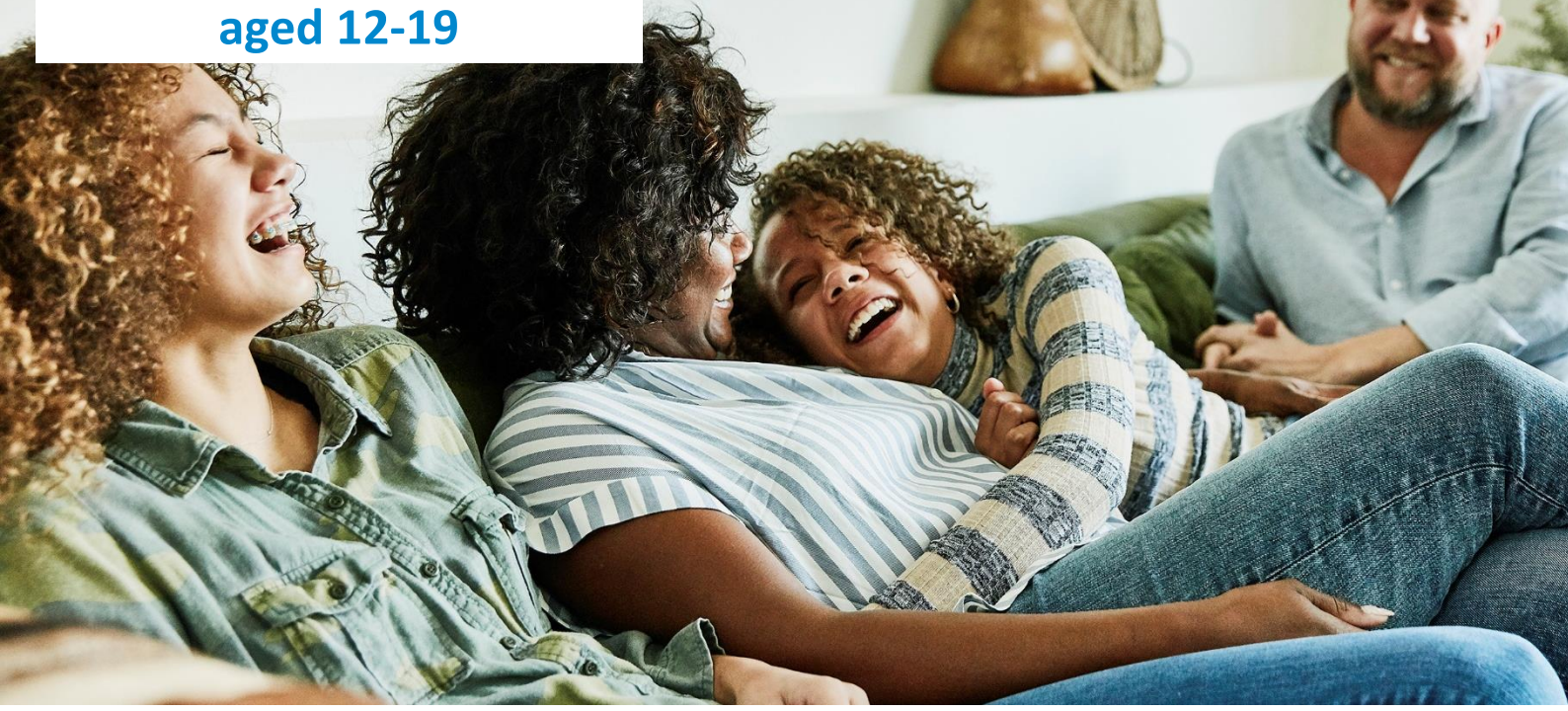
Delivered virtually over  
Microsoft Teams

### Contact us

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](http://www.cornwall.gov.uk/parenting)



## Parenting a young person aged 12-19



# Parents Plus Adolescents Programme

A virtual 9-week workshop delivered weekly, over Microsoft Teams. Each session is 2-hours in length.

This is an evidence-based workshop that covers topics such as:

- Understanding teenagers
- Pressing the pause button
- Getting to know your teenager
- Establishing rules with teenagers
- Connecting with your teenager
- Communicating rules positively
- The power of encouragement
- Using consequences
- Active listening
- Creating a discipline plan
- Empowering teenagers
- Dealing with conflict and aggression
- Problem solving with teenagers
- Establishing routines
- Family problem solving
- Parent self-care

## When?

- Mondays from 18:00-20:00, starting 9<sup>th</sup> September 2024
- Tuesdays from 12:30-14:30, starting 24<sup>th</sup> September 2024
- Thursdays from 9.30-11:30, starting 10<sup>th</sup> October 2024



To book scan the QR code or visit:  
[Parenting Young People aged 12 - 18](https://parentingyoungpeople.org.uk)  
[office365.com](https://office365.com)

## Contact us:

Email: [parenting@cornwall.gov.uk](mailto:parenting@cornwall.gov.uk)  
Website: [www.cornwall.gov.uk/parenting](https://www.cornwall.gov.uk/parenting)

